

Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 2 servings



Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers

Keep well in the fridge for 3 to 4 days.

No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving

Calories	311	Cholesterol	2mg
Fat	11g	Sodium	123mg
Carbs	37g	Vitamin A	327IU
Fiber	9g	Vitamin C	6mg
Sugar	3g	Calcium	425mg
Protein	18g	Iron	3mg